

Harm Reduction Worksheets

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Let's begin your exploration into harm reduction through these worksheets. Before we delve into the activities laid out before us, let us take a moment to grasp the essence of harm reduction. Harm reduction seeks to minimize the negative consequences associated with substance use, without necessarily requiring abstinence. It acknowledges the complexities of addiction and substance use, emphasizing pragmatic strategies aimed at reducing risks and promoting health and well-being.

IDENTIFYING TRIGGERS FOR SUBSTANCE USE

Name: _____

Sex

☐ Male ☐ Female

Age: _____

When do you usually crave or use substances?

What emotions are you experiencing before using substances?

Are there specific people or places that increase your desire to use substances?

Do certain activities or routines trigger your substance use?

Are there any thoughts or beliefs that lead you to use substances?

How might I alter my approach in the future to prevent engaging in the behavior I am striving to modify?

HITTING THE TARGET

Name: _____

Sex

☐ Male ☐ Female

Age: _____

Goal 10: _____

Goal 9: _____

Goal 8: _____

Goal 7: _____

Goal 6: _____

Goal 5: _____

Goal 4: _____

Goal 3: _____

Goal 2: _____

Goal 1: _____

SUPPORT NETWORK TREE

Name: _____

Sex

☐ Male ☐ Female

Age: _____

Support members

MELODIES OF PROGRESS: YOUR HARM REDUCTION PLAYLIST

Name: _____

Sex

☐ Male ☐ Female

Age: _____

1. Song: _____

What it reminds me of

2. Song: _____

What it reminds me of

3. Song: _____

What it reminds me of

4. Song: _____

What it reminds me of

5. Song: _____

What it reminds me of

TUNING PROGRESS: HARM REDUCTION REVIEW

Name: _____

Sex

☐ Male ☐ Female

Age: _____

1. How have my substance use patterns changed since I began focusing on harmreduction?

2. What strategies have been most effective in reducing harm associated with substance use?

3. Have I encountered any challenges or setbacks in my journey towards harm reduction? If so, how have I addressed them?

4. How do I feel about my progress overall? What aspects am I proud of, and where do I see room for improvement?

5. Have I noticed any improvements in other areas of my life as a result of focusing on harm reduction?

6. Are there any new insights or lessons learned that I can apply to further enhance my harm reduction efforts?